

Slow Food®



From eno-gastronomy to eco-gastronomy

Slow Food was founded as an 'eno-gastronomic' (wine and food) association by food activist Carlo Petrini in the small northern Italian town of Bra in 1986. Its initial aim was to support and defend good food, gastronomic pleasure and a slow pace of life. It then broadened its sights to embrace the quality of life and, as a logical consequence, the very survival of the imperiled planet that we live on.

From eco-gastronomy to neo-gastronomy

Slow Food believes in a 'new gastronomy': gastronomy as freedom of choice, as education, as a multidisciplinary approach to food that enables us to live our lives as well as possible, using the resources available to us.

From local to global.

Slow Food now boasts 85,000 interconnected members in 132 countries, with national branches in Italy, Germany, Switzerland, the USA, France, Japan and the United Kingdom (data April 2008).

From quality of food to quality of life

HISTORY OF AN IDEA

GOOD,
CLEAN
AND FAIR

Slow Food is committed to **protecting** traditional and sustainable quality foods, primary ingredients, **conserving** methods of cultivation and processing, and **defending** the biodiversity of cultivated and wild varieties.

Slow Food says the only type of agriculture that can offer development prospects, especially for the poorest regions of the world, is one based on the wisdom of local communities in harmony with the ecosystems that surround them.

Slow Food protects places of historic, artistic or social value that form part of our food heritage, acknowledging the history and culture of every social group as it interacts within a broader network of reciprocal exchange.

Eating is an **agricultural act** and informed, discriminating consumers become **co-producers**. For them, food should be **good, clean and fair**.

Good ... tasty and flavorsome, fresh, capable of stimulating and satisfying the senses.
Clean ... produced without straining the earth's resources, its ecosystems and its environments and without harming human health.

Fair ... respectful of social justice, meaning fair pay and conditions for all concerned — from production to commercialization to consumption.
By training our senses to understand and appreciate the pleasure of food, we also open our eyes to the world.

PHILOSOPHY



The Slow Food international movement officially came into being when delegates from 15 countries endorsed the Slow Food Manifesto, written by founding member Folco Portinari, on November 9 1989.

'Our century, which began and has developed under the insignia of industrial civilization, first invented the machine and then took it as its life model.

'We are enslaved by speed and have all succumbed to the same insidious virus: Fast Life, which disrupts our habits, pervades the privacy of our homes and forces us to eat Fast Foods.

'To be worthy of the name, Homo Sapiens should rid himself of speed before it reduces him to a species in danger of extinction.

'A firm defense of quiet material pleasure is the only way to oppose the universal folly of Fast Life.

'May suitable doses of guaranteed sensual pleasure and slow, long-lasting enjoyment preserve us from

the contagion of the multitude who mistake frenzy for efficiency.

'Our defense should begin at the table with Slow Food. Let us rediscover the flavors and savors of regional cooking and banish the degrading effects of Fast Food.

'In the name of productivity, Fast Life has changed our way of being and threatens our environment and our landscapes. So Slow Food is now the only truly progressive answer.

'That is what real culture is all about: developing taste rather than demeaning it. And what better way to set about this than an international exchange of experiences, knowledge, projects?

Slow Food guarantees a better future.'

NETWORK



STRUCTURE

“Food equals pleasure equals awareness equals responsibility”

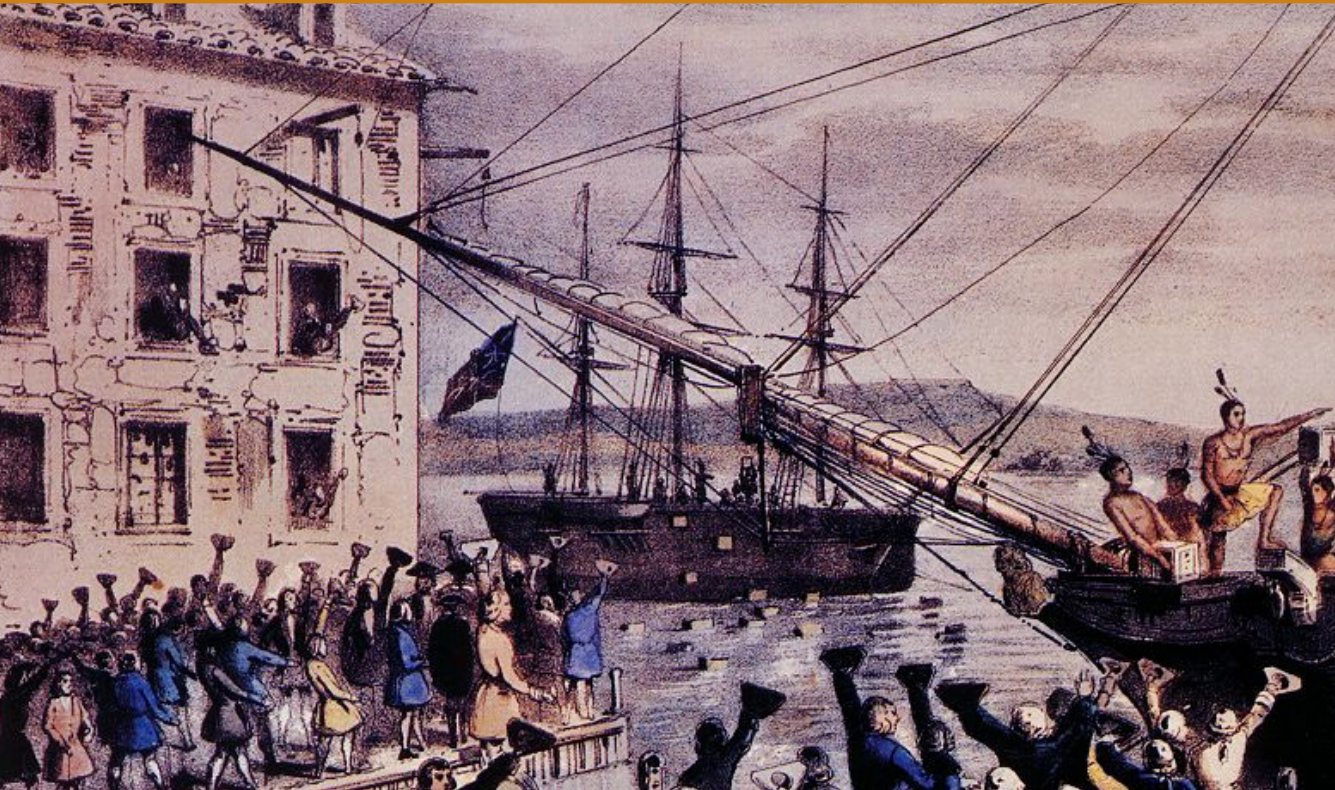
- Mission of the organization : networks, education and biodiversity
- Local to global: convivia to international branches
- Terra Madre “network of networks” : food communities, cooks, universities and youth network



TERRA MADRE

A common thread in many ... historical studies is that food protests, disturbances, and other forms of collective action around food are often motivated by ideas of social justice..., rather than more pragmatic concerns such as hunger or scarcity.

-Leitch, Slow Food and the Politics of Pork Fat: Italian Food and European Identity (Ethnos 2003 v68:4 p441)
(Hobsbawm 1959; Gailus 1994; Gilje 1996; C. Tilly 1975; L. Tilly 1983; Taylor 1996; Orlove 1997).



If we understand the global economy of the early twenty-first century to be an 'economy of signs' (Lash & Urry 1994; Baudrillard 1981), where the symbolic and aesthetic content of commodities has become increasingly important, then potentially new relationships may be created between consumption and the market.

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Lard making with the conche. Photo by Luigi Biagini (foto@luigibiagini.com) in the book 'Il Lardo di Colonnata'. Federico Motta Editore, Milano (forthcoming).

Often with the support of national offices, Slow Food convivia organize hundreds of national and regional events. For example ...

Slow Food Fair, Stuttgart, Germany

Visitors have the chance to sample and purchase artisan food products of every type and meet and talk to producers from Germany, Austria and Italy. An educational space allows schools, organizations and publishers to meet and discuss proposals on organic school catering, activities, publications and learn-as-you-play eco-gastronomic games.

Taste of the Nation, Latvia

End-of-summer one-day festival organized by the Riga Convivium and held in a different venue every year. Market of organic produce and traditional Latvian cooking prepared by chefs from restaurants all round the country.

Slow Food Ireland Weekend, Ireland

Annual weekend celebration of Irish food, drink and culture: wild smoked salmon, Kerry beef, black pudding, raw milk cheese. Talks and demonstrations by Irish food historians, journalists and chefs. Farmers' market and Taste Workshops.

Al gusto, Saber y Sabor, Bilbao, Spain

Massive fair featuring food market, enoteca, Theatres of Taste, Taste Workshops, lectures and dinner dates.

Slow Food Nation, San Francisco, USA

First held over Labor Day Weekend (August 29-September 1) 2008. Hundreds of US farmers and food artisans present an extraordinary range of foods and preparation techniques. Tastings, music, talks, forums, workshops, films and exhibitions in favor of an agricultural system that is 'good, clean and fair'.

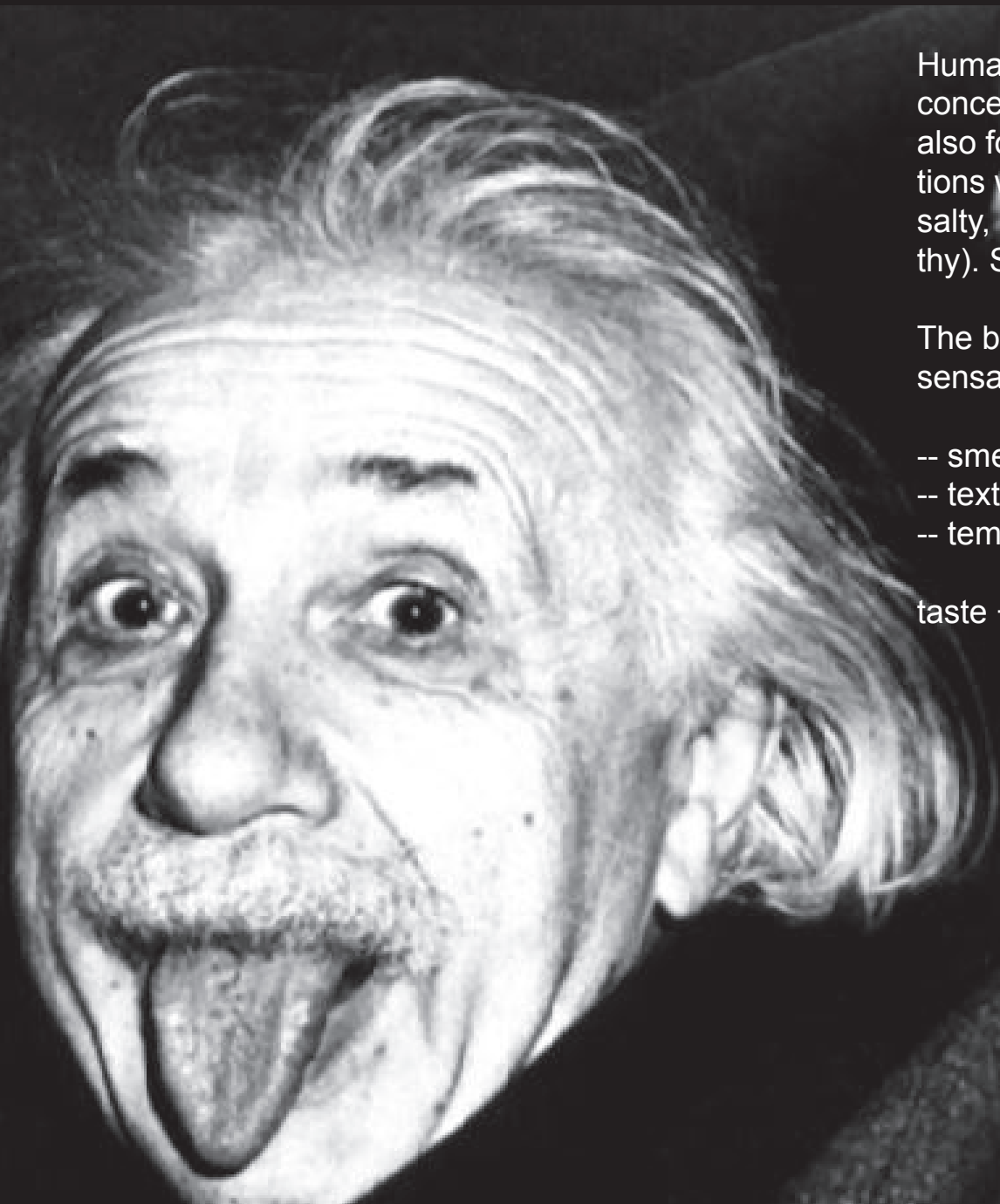
A Taste of Slow, Melbourne, Australia

Australia's largest Slow Food event. Features a two-week program of classes, dinners, discussions, films, community forums and tastings of Australia's finest food products. Talks and demonstrations by local and international food experts, chefs and producers.

Convivia and Terra Madre Meeting, Machakos, Kenya

Representatives of Kenyan convivia and Terra Madre food communities meet in Machakos with government officials and local NGOs to discuss issues in local food production and distribution and talk about their work.

EVENTS WORLDWIDE

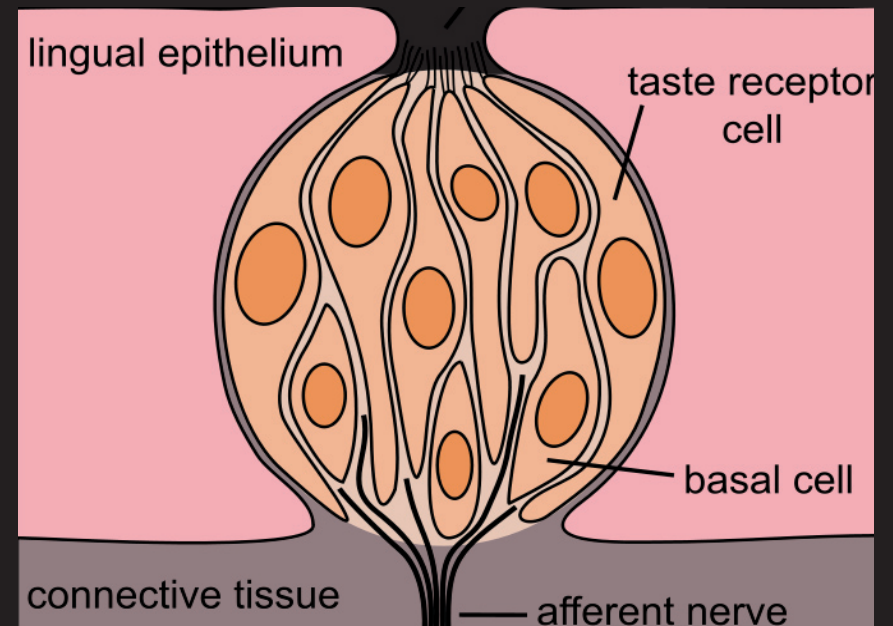


Humans receive tastes through sensory organs called taste buds concentrated on the upper surface of the tongue, but a few are also found on the roof of one's mouth, furthering the taste sensations we can receive. Scientists describe five basic tastes: bitter, salty, sour, sweet, and umami (described as savory, meaty, or brothy). Some scientists claim "fatty" as a sixth.

The basic tastes are only one component that contributes to the sensation of food in the mouth—other factors include the food's:

- smell, detected by the olfactory epithelium of the nose
- texture, detected by mechanoreceptors, and
- temperature, detected by thermoreceptors.

taste + smell = flavor

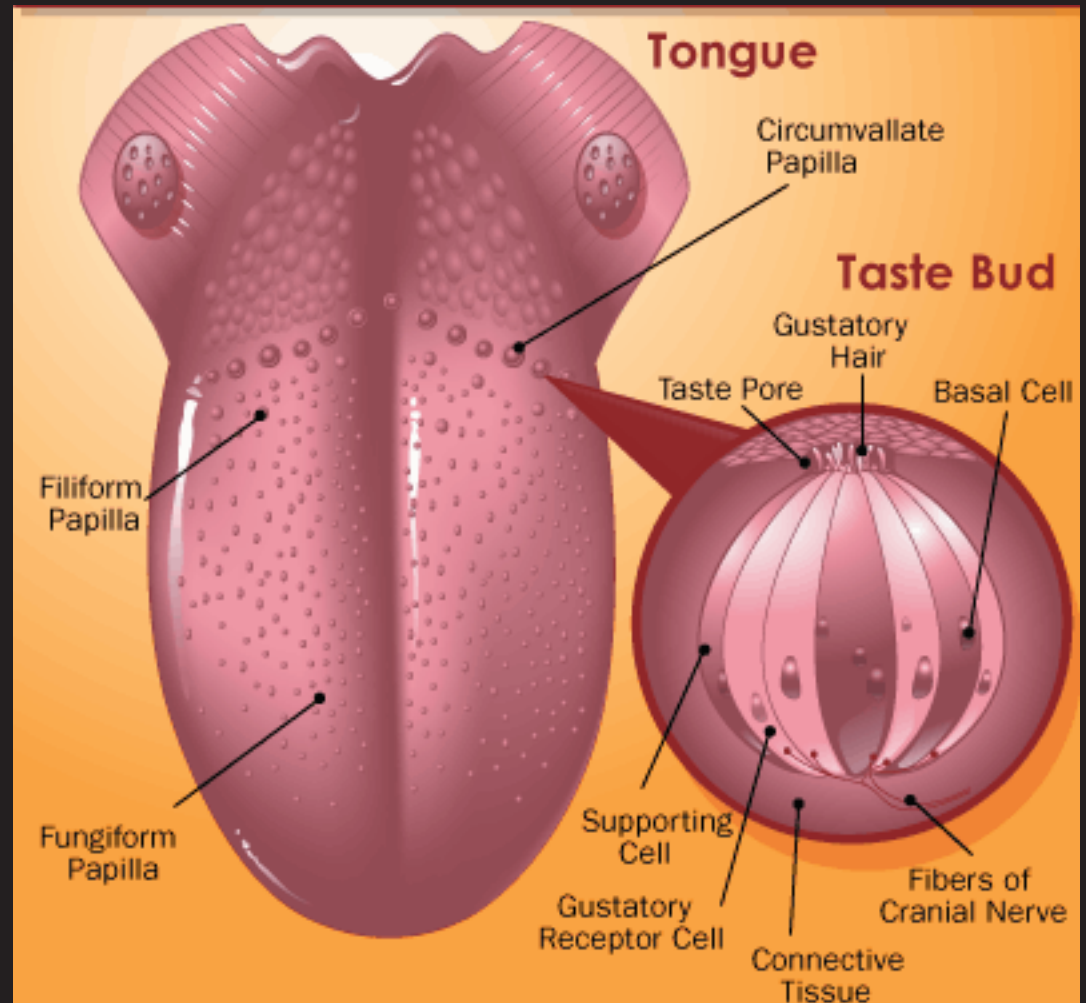


All of these taste sensations arise from all regions of the oral cavity, despite the common misconception of a “taste map”, to correspond to specific areas of the tongue. Individual taste buds (which contain approximately 100 taste receptor cells), in fact, typically respond to compounds evoking each of the five basic tastes.

Most people mistake the bumpy structures that cover the tongue’s surface for taste buds. These are actually papillae: goblet-shaped elevations that sometimes contain taste buds and help create friction between the tongue and food. Taste buds are smaller structures, tucked away in the folds between papillae.

These specialized receptors are stimulated by the chemical makeup of solutions. They respond to five primary tastes. When a stimulus activates a gustatory cell, the receptor will synapse with neurons and send an electrical impulse to the gustatory region of the cerebral cortex. The brain interprets the sensation as taste.

Each gustatory receptor cell has a long, spindlelike protrusion called a gustatory hair that comes into contact with the outside environment. The hair extends from a small opening, or taste pore, and mingles with molecules of food introduced by saliva.



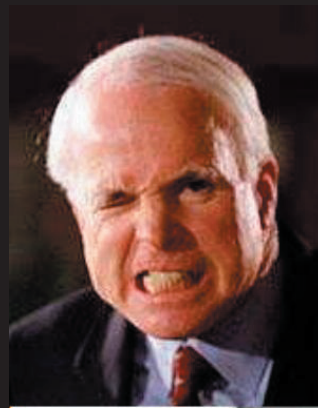
The **bitter** taste is perceived by many to be unpleasant, sharp, or disagreeable.

Common bitter foods and beverages include:

- coffee
- unsweetened chocolate
- beer
- olives
- citrus peel
- dandelion greens
- escarole
- quinine is also known for its bitter taste and is found in tonic water
- bitters

Primary actions: Detoxifies and lightens tissues

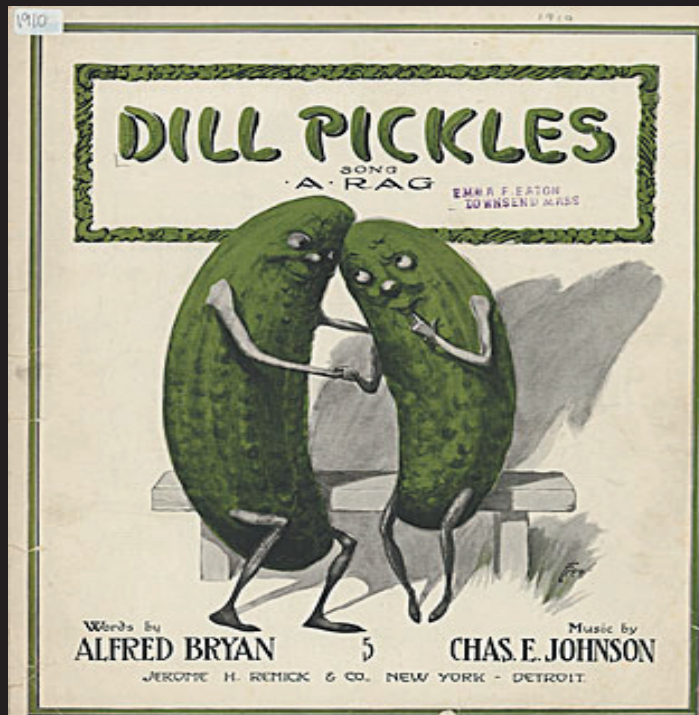
Primary sources: Dark leafy greens, herbs and spices



Saltiness is a taste produced primarily by the presence of sodium ions, which pass directly through ion channels in the tongue, generating an action potential. Other ions of the alkali metals group also taste salty. However the further from sodium the less salty is the sensation. Potassium, as potassium chloride - KCl, is the principal ingredient in salt substitutes.

Salt is a dietary mineral composed primarily of sodium chloride that is essential for animal life, but toxic to most land plants. Salt flavor is one of the basic tastes, and salt is the most popular food spice.[citation needed] Salt is also an important preservative.

Primary actions: Improves taste to food, lubricates
Primary sources: Natural salts, sea vegetables



Sourness is the taste that detects acidity. The mechanism for detecting sour taste is similar to that which detects salt taste. Hydrogen ion channels detect the concentration of hydronium ions (H_3O^+ ions) that are formed from acids and water.

Hydrogen ions are capable of permeating the amiloride-sensitive channels, but this is not the only mechanism involved in detecting the quality of sourness. Other channels have also been proposed in the literature. Hydrogen ions also inhibit the potassium channel, which normally functions to hyperpolarize the cell. By a combination of direct intake of hydrogen ions (which itself depolarizes the cell) and the inhibition of the hyperpolarizing channel, sourness causes the taste cell to fire in this specific manner. In addition, it has also been suggested that weak acids, such as CO_2 which is converted into the bicarbonate ion HCO_3^- by the enzyme carbonic anhydrase, to mediate weak acid transport.

Primary actions: Cleanses tissues, increases absorption of minerals

Primary sources: Sour fruits, yogurt, fermented foods



Sweetness is produced by the presence of sugars, some proteins and a few other substances.

Sweetness is detected by a variety of G protein coupled receptors coupled to the G protein gustducin found on the taste buds. At least two different variants of the “sweetness receptors” need to be activated for the brain to register sweetness. The compounds which the brain senses as sweet are thus compounds that can bind with varying bond strength to two different sweetness receptors. These receptors are T1R2+3 (heterodimer) and T1R3 (homodimer), which are shown to be accountable for all sweet sensing in humans and animals.[19] The average human detection threshold for sucrose is 10 millimoles per litre. For lactose it is 30 millimoles per litre, and 5-Nitro-2-propoxyaniline 0.002 millimoles per litre.

Primary actions: Builds tissues, calms nerves

Primary sources: Fruit, grains, natural sugars, milk



Umami is the name for the taste sensation produced by compounds such as glutamate, and are commonly found in fermented and aged foods. In English, it is also described as “meatiness”, “relish”, or “savoriness”. The Japanese word comes from “umai”, for “yummy”, “keen”, or “nice”. Umami is considered a fundamental taste in Chinese and Japanese cooking, but is not discussed as much in Western cuisine.

Humans have taste receptors specifically for the detection of the amino acids, e.g., glutamic acid. Amino acids are the building blocks of proteins and are found in meats, cheese, fish, and other protein-heavy foods. The glutamate taste sensation is most intense in combination with sodium ions, as found in table salt. Sauces with umami and salty tastes are very popular for cooking, such as worcestershire sauce for Western cuisines and soy sauce and fish sauce for Asian cuisines.

The additive monosodium glutamate (MSG), produces a strong umami. These are naturally present in many protein-rich foods. Some umami taste buds respond specifically to glutamate in the same way that sweet ones respond to sugar. Glutamate binds to a variant of G protein coupled glutamate receptors.[20][21]

Primary actions: makes you love Thanksgiving.

Primary sources: beef, lamb, parmesan and roquefort cheese as well as soy sauce and fish sauce.





DAILY FOOD

Meals

la colazione/la prima colazione

7:00–10:30am

around 10am: panino, toast, pasta (pastry)

pranzo/colazione

starts 12:30 or 1:00pm

lasts from 30 min to 3 hours

cena/pranzo

7:30pm on

Italians dine around 8:30pm

Typical Meal

Antipasti:

usually based on local salumi, often served with fresh figs or cantaloupe in season

Primo:

pasta, either sauced or in broth
rice or risotto
soup

Secondo:

usually fish, meat, or poultry
frittate (pan-fried flans), mushrooms, and substantial vegetable dishes may also be served

Contorno:

side dish of vegetables at room temperature
green salad dressed at the table with olive oil and vinegar

*Dessert:

fruit (unwashed, served with a bowl of water for a rinse before peeling) or macedonia
torte (cakes)
crostate (open-faced fruit tarts)
gelato

*a special treat and not an everyday finish to the meal

PROGRAM



PROGRAM PRINTING STUDIO



SLOW FOOD RESTAURANTS

Monti

TRATTORIA MONTI

(Ristorante)

Via di San Vito, 13A

06 4466573

Closed on Sunday night-Monday

Open: noon and night

Price: 32-35 euro (excluding wine)

Testaccio

FELICE (Trattoria)

Via Mastro Giorgio, 29

06 5746800

Closed on Sunday night

Open: noon and night

Price: 30 euro (excluding wine)

NE ARTE NE PARTE

(Osteria di recente fondazione)

Via Luca Della Robbia, 15

06 5750279

Closed on Monday

Open: noon and night

Prezzi: 30-35 euro (excluding wine)

Ponte Milvio (Flaminio)

GNEGNO

(Trattoria)

Via Prati della Farresina, 10

06 3336166

Closed on Sunday

Open: Noon and night

Price: 25-35 euro (excluding wine)

Centro Storico

PALAIUM

(Ristorante-enoteca)

Via Frattina, 94

06 69202132

Closed on Sunday

Open: noon and night

Price: 30-35 euro (excluding wine)

DAL CAVALIER GINO

(Trattoria)

Vicolo Rosini, 4-angolo Piazza del Parlamento

06 6873434

Closed on Sunday

Open: noon and night

Price: 25-30 euro (excluding wine)

Campo de' Fiori

DA SERGIO (Trattoria)

Vicolo delle Grotte, 27

06 6864293

Closed on Sunday

Open: noon and night

Price: 28-30 euro (excluding wine)

Pantheon

DA ARMANDO AL PANTHEON

(Trattoria)

Salita de' Crescenzi, 31

06 68803034

Closed on Saturday night and Sunday

Open: noon and night

Price: 30-35 euro (excluding wine)

Amalfi

TRATTORIA DA RISPOLI

(Osteria tradizionale)

Via Riulo, 3

089 830080

Closed on Thursday but never in summer

Open: noon and night

Price: 20-22 euro (excluding wine)



SLOW WORLD

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